

RECOMMENDED CHILDREN'S BOOKS

Mindfulness

Il the Way to Lhasa: A Tale from Tibet by Barbara Helen Berger (Philomel Books, a division of Penguin Books, 2002)

A Quiet Place by Douglas Wood (Aladdin Paperbacks, 2002)

Cherish Today – A Celebration of Life's Moments by Kristina Evens (Hyperion Books for Children, 2007)

Everybody Needs a Rock by Byrd Baylor (Aladdin, 1985)

Fill a Bucket: A Guide to Daily Happiness for Young Children by Carol McCloud and Katherine Martin (Ferne Press, 2010)

Have You Filled a Bucket Today? A Guide to Daily Happiness for Kids by Carol McCloud (Ferne Press, 2008)

Holes by Louis Sachar (Yearling, 2003)

I am Yoga by Susan Verde (Abrams Books, 2015)

Joyful Noise: Poems for Two Voices by Paul Fleischman (Harper Collins, 2004)

Let the Whole Earth Sing Praise by Tomie dePaola (G. P. Putnam's Sons, 2011)

Meditate with Me: A Step-by Step Mindfulness Journey by Mariam Gates (Dial Books, 2017)

Nurturing a Child's Soul by Timothy Jones (Word Publishing, 2000)

On My Way to a Happy Life by Deepak Chopra with Kristina Tracy (Hay House, Inc., 2014)

Peaceful Piggy Meditation by Kerry Lee MacLean (Fitzherry and Whiteside, 2004)

Peaceful Piggy Yoga by Kerry Lee MacLean (Albert Whitman & Company, 2008)

Take the Time – Mindfulness for Kids by Maud Roegiers (Magination Press, 2009)

The ABC's of Yoga for Kids by Teresa Anne Power (Scholastic, 2011)

The Listening Walk by Paul Showers (Harper Collins, 1991)

The Phantom Tollbooth by Norton Juster (Random House, 2000)

There's a Big, Beautiful World Out There! By Nancy Carlson (Puffin Books, 2002)

The Seashore Book by Charlotte Zolotow (Harper Trophy, 1994)

The Three Questions: Based on a Story by Leo Tolstoy by Jon J. Muth (Scholastic Press, 2002)

Valerie and Walter's Best Books for Children: A Lively, Opinionated Guide by Walter M. Mayes and Valerie Lewis (Avon Books, 1998)

Weslandia by Paul Fleischman (Candlewick, 2002)

Problem Solving/Pride/Empathy/Friends

Abuela by Arthur Dorros (Dutton Children's Books, 1991)

A Chair for My Mother by Vera B. Williams (Greenwillow Books, 1982)

Amazing Grace by Mary Hoffman (Dial Books, 1991)

A New Barker in the House by Tomie dePaola (G. P. Putnam's Sons, 2002)

A New Friend for Sparkle by Amy Young (Farrar Straus Giroux, 2017)

A Sick Day for Amos McGee by Philip C. Stead (Macmillan, 2010)

Babushka's Doll by Patricia Polacco (Aladdin Paperbacks, 1990)

Ballerina Dreams by Lauren Thompson (Feiwei and Friends, 2007)

Bear's New Friend by Karma Wilson (Margaret K. McElderry Books, 2006)

Because of You by B. G. Hennessy (Candlewick Press, 2005)

Boundless Grace by Mary Hoffman (Puffin Books, 2000)

Can You Say Peace? by Karen Katz (Henry Holt and Company, 2006)

Coming On Home Soon by Jacqueline Woodson (Scholastic, 2005)

Enemy Pie by Derek Munson (Chronicle Books, 2000)
Fly, Eagle, Fly! An African Tale by Christopher Gregorowski (Margaret K. McElderry Books, 2000)
For Every Child by Caroline Castle (Phyllis Fogelman Books, 2001)
George and Martha – One More Time by James Marshall (Sandpiper, 2011)
Good-bye, Curtis by Kevin Henkes (Greenwillow Books, 1995)
Honey, I Love by Eloise Greenfield (Harper Festival, 1995)
I Like Myself! by Karen Beaumont (Harcourt, Inc., 2004)
I'm a Girl by Yasmeen Ismail (Bloomsbury, 2016)
I'm Gonna Like Me – Letting Off a Little Self-Esteem by Jami Lee Curtis & Laura Cornell (Joanna Cotler Books, 2007)
In Our Mothers' House by Patricia Polacco (Philomel Books, 2009)
It Takes a Village by Hillary Rodham Clinton (Simon & Schuster Books, 2017)
Just Like Josh Gibson by Angela Johnson (Aladdin Paperbacks, 2007)
Little Nino's Pizzeria by Karen Barbour (Harcourt Brace Jovanovich, 1987)
Looking for Bongo by Eric Velasquez (Holiday House, 2016)
Mother Goose Bruce by Ryan T. Higgins (Disney Hyperion, 2015)
My Brother Sammy is Special by Becky Edwards and David Armitage (Sky Pony Press, 2011)
My Mommy Hung the Moon – A Love Story by Jamie Lee Curtis & Laura Cornell (Joanna Cotler Books, 2010)
Nana Upstairs and Downstairs by Tomie dePaola (Puffin Books, 2000)
Nelson Mandela by Laaren Brown & Lenny Hort (DK Publishing, 2006)
Noni Speaks Up by Heather Hartt-Sussman (Tundra Books, 2016)
One Family by George Shannon (Frances Foster Books, 2015)
Peace is an Offering by Annette LeBox (Dial Books, 2015)
Pink and Say by Patricia Polacco (Scholastic, 1995)
Rosa by Nikki Giovanni (Henry Holt and Company, 2007)
Rude Cakes by Rowboat Watkins (Chronicle Books, 2015)
See You Later, Mom! by Jennifer Northway (Francis Lincoln Children's Books, 2006)
Sheila Rae, the Brave by Kevin Henkes (Scholastic, 1993)
She Persisted by Chelsea Clinton (Philomel Books, 2017)
Sweet Clara and the Freedom Quilt by Deborah Hopkinson (Dragonfly Books, 1995)
Swimmy by Leo Lionni (Dragonfly Books, 2017)
That Toad is Mine! by Barbara Shook Hazen (Harper Festival, 1998)
The Amazing Incredible You! by Katharine Kenah (School Specialty Publishing, 2006)
The Boy Who Didn't Believe in Spring by Lucille Clifton (Puffin Books, 1988)
The Day of Ahmed's Secret by Florence Parry Heide & Judith Heide Gilliland (Scholastic, 1991)
The Giving Tree by Shel Silverstein (Harper Collins, 1964)
The Little Engine That Could by Watty Piper (Platt & Munk, 2000)
The Peace Book by Todd Parr (Little, Brown and Company, 2009)
There's a Big Beautiful World Out There! by Nancy Carlson (Puffin Books, 2004)
Toot & Puddle by Holly Hobbie (Little, Brown and Company, 2010)
Visiting Day by Jacqueline Woodson (Puffin Books, 2015)
We Are Growing! by Laurie Keller (Hyperion Books, 2016)
What Does It Mean to be Kind? by Rana DiOrio (Little Pickle Press, 2015)
What is Beautiful? by Etan Boritzer (Veronica Lane Books, 2004)
What You Know First by Patricia MacLachlan (Joanna Cotler Books, 1998)
When Sophie's Feelings Are Really, Really Hurt by Molly Bang (The Blue Sky Press, 2015)
When There Are No Words by Sandra Magsamen (Rizzoli International, 2002)
White Socks Only by Evelyn Coleman (Albert Whitman & Company, 1996)
Why am I Me? by Paige Britt (Scholastic, 2017)

You're the Boss Baby Duck! by Amy Hest (Candlewick Press, 2001)

Nature/Sense of Wonder

Amigo by Byrd Baylor (Aladdin, 1989)
Barn Dance! by Bill Martin Jr. and John Archambault (Henry Holt and Company, 1988)
Bird, Butterfly, Eel by James Prosek (Simon & Schuster, 2009)
Clamshell Boy – A Makah Legend by Terri Cohlene (Watermill Press, 1990)
Clarice Bean - What Planet Are You From? by Lauren Child (Candlewick Press, 2001)
Fairy Flight by Tracy Kane (Light-Beams, 2003)
Fairy Houses by Tracy Kane (Light-Beams, 2001)
Fairy Houses...Everywhere! by Barry & Tracy Kane (Light-Beams, 2006)
Grandfather Twilight by Barbara Berger (Philomel Books, 1984)
Hattie and the Wild Waves by Barbara Cooney (Puffin Books, 1993)
I Wish I Were a Butterfly by James Howe (Gulliver Books, 1987)
Leo's Tree by Debora Pearson (Annick Press, 2004)
Listening to Crickets – A Story about Rachel Carson by Candice F. Ransom (Millbrook Press, 1993)
Love in a Pool by Robert Reichert (Green Tiger Press, 1991)
Miss Rumphius by Barbara Cooney (Puffin Books, 1985)
Mrs. Spitzer's Garden by Edith Pattou (Harcourt, Inc., 2007)
Night in the Country by Cynthia Rylant (Aladdin Books, 1991)
Plate Full of Color by Georgia Perez (U.S. Department of Health and Human Services, 2008)
Redwoods by Jason Chin (Roaring Book Press, 2015)
Secret Place by Eve Bunting (Clarion Books, 1997)
Stopping by Woods on a Snowy Evening by Robert Frost (Dutton Children's Books, 1978)
The Curious Garden by Peter Brown (Little, Brown and Company, 2009)
The Lamp, the Ice, and the Boat Called Fish by Jacqueline Briggs Martin, (Houghton Mifflin Company, 2001)
The Story of the Root Children by Sibylle von Olfers (Floris Books, 2006)
When I was Young in the Mountains by Cynthia Rylant (E. P. Dutton, 1985)
When the Frost is on the Pumpkin by James Whitcomb Riley (David R. Godine, 2004)
When the Sky is Like Lace by Elinor Lander Horwitz (J. B. Lippincott Company, 1975)

Wellness: Movement/Exercise/Healthy Foods

How Do You Wokka-Wokka? by Elizabeth Bluemle (Candlewick Press, 2012)
I Will Never Not Ever Eat a Tomato by Lauren Child (Candlewick Press, 2000)
Nature in the Neighborhood by Gordon Morrison (Houghton Mifflin Company, 2004)
Planting Seeds – Practicing Mindfulness with Children by Thich Nhat Hanh and the Plum Community (Parallax Press, 2011)
What's So Yummy? – All About Eating Well and Feeling Good by Robie H. Harris (Candlewick Press, 2014)

Birth – 3 Years Old: Hardcover Board Books

A Kissing Hand for Chester Raccoon by Audrey Penn (Tanglewood Publishing, 2014)
God's Dream by Archbishop Desmond Tutu and Douglas Carlton Abrams (Candlewick Press, 2010)
Hedgehugs – Autumn Hide-and-Sneak by Steve Wilson and Lucy Tapper (Henry Holt and Company, 2017)
Shades of Black – A Celebration of Our Children by Sandra L. Pinkney (Scholastic, 2006)